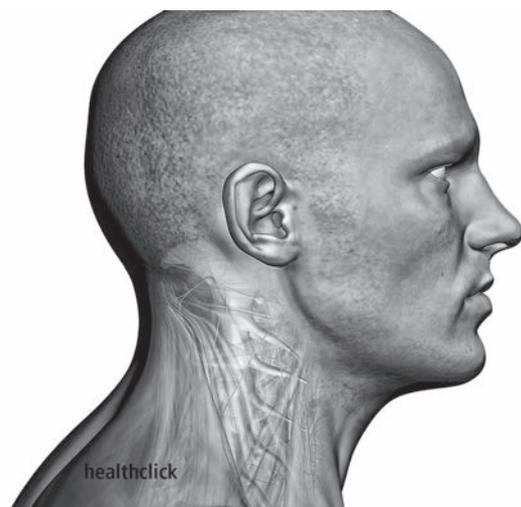


Making Sense of Neck Pain

A Systematic & Evidence-Based Approach to the Successful Examination & Treatment of Neck Disorders

A One Day Hand On Live Course combined with an Online Home Study Course



A 19 hour CME course,
23 hours for IL, NY, DC, AK

Presented by
Chris Durall
PT, DPT, SCS, LAT, CSCS

PT, OT, PTA and ATC - Continuing Education Course

North American Seminars, Inc.
1-800-300-5512 | Fax 1-800-310-5920
www.healthclick.com

Why You Should Attend This Course

This one day intermediate level course blends homestudy training from a professionally filmed and mastered DVD with online access with face to face interactive instruction and hands on lab sessions. The course has been carefully designed to maximize the learning experience by combining the self-paced online/DVD home study material with a focused hands-on training session in the classroom.

Managing patients with neck pain can be confusing and frustrating for novice and experienced clinicians alike. In this intermediate-level one-day live, hand on course with online home study, Dr. Durall will provide a systematic and integrative approach that demystifies the screening and treatment process, reduces frustration, and most importantly helps clinicians manage neck disorders with greater confidence and proficiency. Treatment-based classification and a novel algorithm are used as the course framework to streamline clinical decision making and care planning. Examination techniques and strategies that are introduced are straightforward and supported by research and clinical experience. Numerous intervention strategies are covered including mobilization & manipulation, therapeutic exercise, and directionally-specific exercise to provide clinicians with a diverse array of options to help optimize functional ability. Recent advances in cervico-thoracic spine research are integrated throughout the course to provide clinicians with new insights and rationale for decision making. Several special rehabilitation topics pertaining to the cervical spine will be covered including cervicogenic headaches and whiplash-associated disorders. Participants can expect to refine and advance their clinical skills in a supportive and relaxed learning environment. Hands-on lab time is incorporated throughout the course to promote immediate clinical application.

As an intermediate-level course, it is expected that participants are familiar with the fundamental components of the cervical spine examination (e.g. ROM assessment, manual muscle testing, palpation, etc.). Thus these foundational skills are not covered. This course is intended for Physical Therapists although it may be suitable for Occupational Therapists, PTAs, or OTAs with strong orthopedic backgrounds.

Course Objectives

Upon completion of this course the participant will be able to:

- Perform select orthopedic special tests of the cervical-thoracic region to rule out specific disorders and to formulate differential diagnoses.
- Identify signs and symptoms of vertebral artery dysfunction, upper cervical spine instability, or cervical myelopathy that warrant referral to another healthcare provider.
- Recognize patients at risk for long-term disability.
- Classify neck disorders, based on examination findings, for purposes of care planning and intervention decision-making.
- Perform thrust and non-thrust manual therapy techniques to the thoracic spine, 1st rib, or cervical spine.
- Select and implement appropriate intervention techniques for patients with arm symptoms in association with neck pain.
- Formulate evidence-based therapeutic exercise programs to improve dynamic stabilization of the cervico-thoracic spine.
- Identify and manage patients with cervicogenic headaches.
- Differentiate cervicogenic headaches from other types of headaches.
- Manage patients with acute neck pain (e.g. whiplash-associated disorder).
- Identify treatments available for myofascial neck pain.
- Adjust the treatment emphasis for patients with sub-acute or chronic neck pain.
- Select and implement standardized functional performance instruments to assess patient outcome success.
- Integrate current evidence on the cervico-thoracic spine into clinical practice.

This course is 19.0 contact hours/19 ceus

This course is 23 contact hours/2.3 ceus for New York, Florida, Illinois or the District of Columbia licensed therapists

This course is applicable for PT's, PTA's, OT's, OTA's. NAS is approved by the IDPR for physical therapists and assistants licensed in the State of Illinois, Provider #216000074. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 19 hrs, 1.90 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval #CAApproval # PTNAS201671. This course has been approved by the Nevada Board of Physical Therapy Examiners for 1.5 units of continuing education. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, New Jersey, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. This course meets the ceu requirements set forth by the DC Board of Physical Therapy. This course meets the ceu requirements set forth by the NJ and PA PT Boards, call for approval numbers. NAS courses are approved in North Carolina and Virginia for continuing competency requirements for physical therapist license renewal. FL OT provider # 50-1442. BOC P2047. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. The AOTA does not endorse specific course content, products or clinical procedures. The Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, North Carolina, Ohio, Oregon, Oklahoma, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. This course can be used for continuing education competency for license renewal for OT's in the State of California and Washington.

Call 1-800-300-5512 or Go online to register:

www.healthclick.com and Select Registration from the main menu. Search by course name for more info & course dates.

About the Educator

Dr. Chris Durall PT, DPT, SCS, LAT, CSCS is the Director of the Student Health Center Physical Therapy Department and a graduate faculty member at the University of Wisconsin-LaCrosse. A practicing outpatient orthopedic/sports clinician since 1993, Dr. Durall earned Baccalaureate and Advanced Masters degrees in Physical Therapy from UW-LaCrosse, and a Doctorate in physical therapy from Creighton University. He is a graduate of the yearlong Gundersen-Lutheran Sports Physical Therapy Residency program, a board-certified sports physical therapist, a licensed athletic trainer, and a Certified Strength and Conditioning Specialist since 1997. Dr. Durall has authored and co-authored numerous textbook chapters and published research and review articles in PT Magazine, Physiotherapy, the Journal of Manual and Manipulative Therapy, the Journal of Back and Musculoskeletal Rehabilitation, Isokinetics and Exercise Science, the Journal of Sport Rehabilitation, the Strength and Conditioning Journal, Critical Reviews in Physical Medicine and Rehabilitation, and the Journal of Athletic Training.

In addition to the NAS cancellation policy, this hybrid course requires participation in the self study and live portions of the course. If for some reason the live portion is cancelled due to an Act of War or God or issues beyond our control OR the participant needs to cancel the live portion of the course then partial ceu course credit will be provided for the self study portion (10 hours/1.0 contact hours).

Responsible CME®

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LIVE ONE DAY COURSE

7:30	8:00	Registration
8:00	8:45	Course Introduction/Treatment-Based Classification for Neck Pain <ul style="list-style-type: none"> Treatment-Based Classification vs. the traditional pathoanatomical diagnostic model Simplifying clinical decision making A novel algorithm for cervical spine disorders Matching treatments for superior outcomes
8:45	10:00	Beyond Red Flags: Critical Elements of Cervical Spine Screening (Lecture/Lab) <ul style="list-style-type: none"> Key elements of the screening exam Clinical testing for cervical artery disorders: An exercise in futility? Testing for cervical myelopathy: How good are the screening tests? How special are "special" tests for cervical instability? Yellow flags-identifying patients at risk for long term disability
10:00	10:15	Break
10:15	12:00	Manual Techniques for Patients with Neck Pain (Lecture/Lab) <ul style="list-style-type: none"> Manipulation & mobilization techniques for the thoracic spine Upper cervical mobilization Lower cervical spine manual techniques: To Thrust, or Not to Thrust...? Self-mobilization & stretching techniques
12:00	12:30	Lunch (on your own)
12:30	1:30	Managing Neck Pain with Radiating Symptoms (Lecture/lab) <ul style="list-style-type: none"> Clinical prediction rules for cervical traction Exercises & manual techniques to promote symptom centralization Nerve mobilization: Sliding vs. Stretching Mobilizing the 1st rib
1:30	3:00	Developing Comprehensive & Effective Exercise Programs to Treat Neck Pain (Lecture/Lab) <ul style="list-style-type: none"> Testing the deep cervical flexors Evidence-based exercises for the deep cervical musculature Exercises to improve strength and endurance Exercises to improve oculomotor and postural control after neck trauma
3:00	3:15	Break
3:15	3:45	Acute Neck Pain & Whiplash-Associated Disorders <ul style="list-style-type: none"> Pathomechanics & sequelae of whiplash injuries Intervention strategies for acute neck pain Cervical collars & pillows

LIVE ONE DAY COURSE(cont.)

3:45	4:15	Cervicogenic Headaches (Lecture/Lab) <ul style="list-style-type: none"> Differential diagnosis of cervicogenic headache Manual therapy & self-mobilization techniques for headaches Postural bracing & taping
4:15	4:30	Myofascial Neck Pain <ul style="list-style-type: none"> Instrument-Assisted Soft Tissue Mobilization Cupping/Skin Rolling Trigger-Point Dry Needling
4:30	4:45	Subacute Neck Pain: Shifting from Treatment to Prevention <ul style="list-style-type: none"> Addressing underlying lifestyle factors: What's Been Overlooked? Management strategies for chronic neck pain: Can We Make a Difference?
4:45	5:00	Outcome Measures for Neck Pain <ul style="list-style-type: none"> Why bother? Neck Disability Index Global rating of change questionnaires Which ones make sense for your practice?
5:00	5:45	Technique Review & Refinement (Lab)
5:45	6:00	Q & A

Online Self Study

Understanding the underlying mechanism of a disorder is the first step to establishing a positive outcome in an efficient time frame. This DVD- online course is a visually engaging way to enhance your clinical knowledge with cervical dysfunction and neck pain. The High quality, technique oriented, professionally filmed material is supported by evidence based written information. The Online Information and DVD will provide you with Step by step instruction for enhancing evaluation and treatment techniques.

Evaluation

- Goniometric measurement of cervical flexion & extension
- Goniometric measurement of cervical lateral flexion
- Goniometric measurement of cervical rotation
- Cervical active ROM assessment
- Anterior cervical muscle palpation
- Posterior cervico-thoracic muscle palpation
- Cervical spine manual muscle screening
- Cervical flexor muscle screening
- Deep neck flexor muscle endurance test
- Craniocervical flexion endurance test
- DeKleyn's test for cervical arterial dysfunction
- DeKleyn's test for cervical arterial dysfunction modified to minimize vestibular stimulation
- Sharp purser test for atlantal-axial instability
- Alar ligament testing
- Axial compression test
- Spurling A test for the cervical spine
- Axial distraction test
- Neck distraction test
- Upper limb tension screening
- Upper limb tension test for the median nerve

Evaluation (continued)

- Occipito-atlantal (OA) flexion assessment
- Flexion-rotation test of atlantal-axial mobility
- Cervical lateral glide assessment
- Cervical downslide mobility assessment (C2-C7)
- Cervical upslide mobility assessment (C2-C7)
- Posterior-anterior spring testing of the cervical & thoracic spine
- Thoracic spine extension mobility assessment in prone
- Pectoralis minor flexibility assessment
- Cervical rotation & lateral flexion test for 1st rib dysfunction
- 1st rib caudal glide assessment in supine

Treatment-Manual Therapy

- Cervical & thoracic extension in prone
- High-velocity, small-amplitude thrust (HVSAT) manipulation of the cervical-thoracic junction
- High-velocity, small-amplitude thrust (HVSAT) manipulation of the middle thoracic spine in supine
- High-velocity, small-amplitude thrust (HVSAT) manipulation of the upper thoracic spine in supine
- High-velocity, small-amplitude thrust (HVSAT) manipulation of the thoracic spine in prone
- Thoracic spine mobilization in prone
- Thoracic spine extension mobilization in sitting: Technique 1 & 2
- 1st rib mobilization in supine
- Pectoralis minor manual stretching technique (Anterior)
- Pectoralis minor manual stretching technique (Posterior)
- Cervical retraction mobilization in sidelying
- Cervical downslide mobilization (C2-C7)
- Cervical upslide mobilization (C2-C7)
- Cervical lateral glide mobilization
- Median nerve gliding mobilization using cervical lateral glide
- Median nerve tensioning mobilization using cervical lateral glide
- Cervical extension dynamic mobilization
- Manual cervical distraction using forearm pronation
- Muscle-energy technique to increase cervical rotation
- Anterior mobilization of C2 for cervicogenic headaches

Treatment-Exercises

- Prone plank/bridge for the trunk flexors
- Side plank/bridge for the trunk lateral flexors
- Quadruped arm & opposite leg lifts
- Cervical retraction exercise in prone
- Craniocervical flexion conditioning exercise
- Horizontal abduction of the shoulders at 90° abduction in prone ("T")
- Shoulder horizontal abduction at 120° abduction
- Shoulder extension in prone
- Sidelying shoulder flexion
- Bilateral shoulder external rotation in neutral using elastic band/cord
- Shoulder external rotation in prone at 90° abduction
- Prone rowing

Treatment-Self

- Self-stretch of pectoralis minor using a foam roller
- Thoracic extension self-mobilization using a foam roller
- Cervical rotation on a partially-inflated ball
- Cervical flexion and extension on a partially inflated ball
- Cervical rotation self-mobilization using a strap
- Cervical rotation self-mobilization using fingers

CD15

Registration Form

Making Sense of Neck Pain

Registration Fee:

Send tuition to: North American Seminars, Inc.
 2000 Mallory Lane Suite 130-67 Franklin, TN 37067
1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com

Name	Profession
Home Address	
City	State
	Zip
Credit Card	

Exp.date	Phone (required)
e-mail (required)	
Location of attendance	

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds or transfers will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.